

**FACING FEARS TOGETHER:** Teen Group Treatment for Anxiety  
at the UNIVERSITY of WATERLOO CENTRE FOR MENTAL HEALTH RESEARCH and TREATMENT

**GROUP FOCUS:** Facing Fears Together group treatment program, focus on treatment of anxiety in adolescents ages 13-17 years.

**TIME and DURATION:** Tuesdays 6:30 to 8:00 pm; 6 sessions plus one booster.

**DATES:** Tuesday April 22 to Tuesday May 27, 2025, and Tuesday June 17, 2025

**PLACE:** University of Waterloo Centre for Mental Health Research and Treatment

**GROUP LEADERS:** Senior Doctoral Students in Clinical Psychology

**SUPERVISOR:** Elizabeth Stevens, Ph.D., C.Psych.

**MAXIMUM NUMBER of CLIENTS:** 8

**DESCRIPTION:** Facing Fears Together is a group cognitive-behavioural treatment (CBT) program designed to help adolescents understand and reduce their anxiety with the support of their peers facing similar challenges. The group will teach teens about the relationship between their thoughts, feelings, and actions. Teens will learn how to use this knowledge and develop skills and coping strategies that allow them to face their anxieties in a supportive group context. The therapy will involve weekly group meetings as well as between-session activities where teens will practice skills and begin to face their fears, build on their strengths, and develop a healthy lifestyle. Areas that will be addressed in the sessions include: understanding anxiety and the CBT model, relaxation strategies, the role of mindfulness and self-compassion, challenging avoidance though goal-setting, understanding and managing helpful and unhelpful thoughts, the role of self-care, and the importance of support teams.

**TREATMENT COST:** The fee for the group is on an income-based scale ranging from \$30 to \$100 per 90 minute session.

**WHOM to REFER:** Teenagers, ages 13 to 17, who self-report symptoms of anxiety and who would be amenable to group therapy. Teens must be able to commit to attending in person therapy sessions at the stated times and dates. Pre-group assessments will begin in January 2024.

**HOW to REFER:** Parents of potential clients should complete the [FFT Intake form](#) to begin the Intake process for the group.

**OTHER IMPORTANT INFORMATION:** Parents/Teens who express interest in the group will be contacted by UW CMHRT staff to arrange a more detailed assessment at the CMHRT to determine their eligibility for the group. Non-eligible clients can be referred to the individual waitlist at the UW CMHRT. Upon entrance to the group, client will be asked to enter a research study approved by UW Ethics in which they will complete self-report questionnaires on their symptoms (with all identifying information kept strictly confidential).